THE COMMUNICANT'S GUIDE

In a Short

PREPARATION

Towards a Worthy Reception

OF THE

Lord's Supper.

With PRAYERS

Fitted to the several OCCASIONS for the use of Young Persons.

By *T. W.* late Dean of *Worcester.*

1 Cor. 11. 24. *Take eat, this is my Body,* &c.

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A PLAIN, and SHORT CATECHISME,

For the use of younger Persons, that are to receive the Sacrament of the

Lord's Supper.

Quest. WHO *Instituted the Sacrament of the Lord's Supper?*

Answ. The Lord *Jesus*, the Saviour and Redeemer of all the World; *Matth.* 26. 26. *And as they were eating, Jesus took Bread, and Blessed it, and brake it,*

and gave it to the Disciples, and said, take, eat, this is my Body. Mark 14. 22. *And as they did eat; Jesus took Bread, and Blessed, and brake it, and gave to them, and said, take, eat, this is my Body.* Luke 22. 19. *And he took Bread, and gave thanks, and brake it, and gave unto them, saying, this is my Body, which is given for you, this do in remembrance of me.* 1 Cor. 11. 23, 24, 25. *For I have received of the Lord that which also I delivered unto you, that the Lord Jesus the same night in which he was betrayed took Bread.*

And when he had given thanks, he brake it, and said,

take,

take, eat; this is my Body which is Broken for you: this do in remembrance of me.

After the same manner also he took the Cup when he had Supped, saying, this Cup is the New Testament in my Blood; this do you as oft as ye drink it in remembrance of me.

Q. What do you observe or learn from thence?

A. First, that he being the Lord of Power, and the *Jesus* of Mercy, is both able and willing to make this Holy Ordinance, the means of that mercy and grace that he promiseth therein.

Q. What is that?

A. That I, receiving according to his appointment, shall be by the work of the *Spirit*, in the use of those pledges, confirmed and established in my Union and Communion with, and an interest in *Christ* Crucified; with all the benefits of his Death and Passion, for the Pardon of all my Sins, and the Sanctification and Salvation of my precious Soul.

Q. What else do ye learn?

A. That in obedience to the Authority and Command of the Lord, and in the dear observance and thankfulness that I owe unto the Mercy of this *Jesus*, I ought to make a Conscien-

ſcionable uſe of this holy Ordinance, with due preparation of my ſelf thereunto.

Q. *What is done in the* Sacrament *of the Lord's Supper?*

A. The things that are done, are principally four.

Q. *What is the Firſt?*

A. Firſt, we come there to Celebrate the Memorial of the Death and Paſſion of the Lord *Jeſus*, and of the great Redemption which he hath wrought for us thereby.

Q. *How is the Death and Paſſion of* Chriſt *ſet before us in that Ordinance?*

A. In the Sufferings themſelves, and in the Fruits thereof.

Q. *How are the ſufferings of* Chriſt *preſented there?*

A. The Bread broken repreſents the Body of *Chriſt* that was broken and Crucified on the Croſs for our Sins; and the Wine the Blood of *Chriſt* that was ſhed for our Sins, both Original and thoſe which we have daily committed.

Q. *How are the benefits of* Chriſt's *Paſſion repreſented?*

A. In that they preſent *Chriſt* unto us, as the moſt needful, moſt beneficial, and moſt perfect nouriſhment of the Soul, or of the

the new Man, as Bread and Wine are such unto the Body, to wit, *Christ* Crucified preserves us from eternal Death, and is unto us the Fountain of Grace and Spiritual Strength, and of Life and Glory, to Glorifie us hereafter.

Q. *What is required of us in order to this?*

A. A thankful Heart, and an holy longing after *Christ*, as the most necessary, excellent, and perfect spiritual food of our Souls, in whom we are to seek, and from whom we are to receive all things appertaining to Life and Godliness.

Q. *What*

Q. What is the Second thing that is done in the Lord's Supper?

A. The Second thing that we come to do, is to renew our Covenant with God, and to bind our selves more and more unto him, so as to forsake the Devil and all Sin, the World and all the Vanities thereof, and all the sinful lusts of the Flesh, to amend our Lives, and to give our selves up to Glorifie God, in doing his Will, and bearing the Cross, and afflictions of the Gospel of the Lord *Jesus*, setting up his Glory for the Scope of our Lives and Conversations.

Q. What

Q. *What is required of us in order to this?*

A. That we come with true Godly ſorrow for all our Sins, and a ſincere reſolution to amend our Lives, not being at peace with any Sin, and that we have Hearts weaned from the World, and all the ſinful luſts of the Fleſh; having our minds ſet upon God, and upon things that are above; and with a holy Reſolution to cleave unto God againſt all Terrors and Afflictions, that may encounter us in his ways, and that we come with an holy awfulneſs, and reverence towards Chriſt in his holy Ordinance.

Q. *What*

Q. *What is the third thing that is done in the Sacrament of the Lord's Supper?*

A. The third thing that we come there to do, is to renew our Covenant of Christian Love and Peace with all People, as much as in us lieth, and especially with God's People, in the Communion of the Holy Church, and in the fellowship of a spiritual life.

Q. *What is required of us in order to this?*

A. That we do not nourish any hatred, or malice, or sinful strife, or Contentions, or revengful Thoughts in our Hearts against any, but that we love

love all people, even our greatest Enemies for God's sake, that we forgive all that have wronged us, and seek Reconciliation, and endeavour to make satisfaction where we have done wrong, or given any just cause of offence to any; and that we have a special Love to God's People, desiring to joyn with them peaceably and comfortably in God's Worship and Service, endeavouring to promote one another in Grace and Godliness.

Q. *What is the fourth thing that is done in the Lord's Supper?*

A. We

A. We come there to receive the Body and Blood of Christ Jesus offered unto us, by the outward signs of Bread and Wine in the Sacrament, as the means whereby the Body and Blood of *Christ* is conveyed spiritually unto our Souls, and as the pledges ordained by Christ to assure us, being penitent Sinners, and true Believers, of our interest in Christ Crucified, with all the Benefits of his Death and Passion, for the pardon of all our sins, our reconciliation to God, and to strengthen us in Grace and Godliness here, and to bring us unto Salvation and

and Eternal Glory both in Body and Soul hereafter.

Q. What is required of us in order to this?

A. That we come with a lively Faith, to lay hold upon, and receive Christ *Jesus* as our only Saviour and Redeemer, with a sincere belief, that he is the true Son of God, and Saviour of the World, and of our Souls, and that he hath satisfied for our sins, by his Death and Passion, justified us by his Righteousness, and that he is our Mediatour at the Right Hand of God, to make good unto us the Benefits of his Death and Sufferings,

ings, and with an Holy Confidence in the Sacramental Promise, discerning the Body and Blood of Christ, and expecting to receive Christ in the Holy use of the Sacraments, with all the Blessings of the Gospel, to the washing away of our sins, the sanctification of our Hearts and Lives, the strengthening of us in Grace, and to the Salvation of our Souls, not resting at all upon any Righteousness or Worthiness in our selves, but judging and condemning our selves as unworthy and unthankful Sinners, and casting our selves wholly upon God's mercy towards

us

us in *Christ Jesus*, looking to be accepted for his sake alone.

Q. *What else is required?*

A. That we should labour to examine our selves, to see if these Graces be right and sound in us, and to stir them up in our Souls, and to exercise them in the Holy use of the Sacrament, seeking to God by Prayer for his Assistance and Direction, and Acceptance of us in this Holy Duty.

Q. *What is required of us after the Sacrament?*

A. To be careful to perform our Covenants with God, and his People, to take heed of backsliding

sliding, to be thankful to God, and to nourish these Comforts in our Souls, which we have received by *Christ* in the Sacrament, and to walk as it becometh those that are Consecrated unto him in the Blood of the Lord *Jesus*.

A short Paraphrase upon the Lord's Prayer, fit to be learned by Heart by young Persons.

Our Father which art in Heaven.

O Lord most Holy and most Glorious, whose brightness the Angels are not able to behold, but vail their

their Faces, and art so terrible to the wicked, as that they shall never be able to stand in thy presence; yet thou extendest thy mercy and loving kindness to all those that desire to obey thy Commandments: Increase in me daily this assurance, by leading me to repentance, Faith, and newness of Life.

The First Petition.

Hollowed be thy Name.

Make me able to consider arightly the setting forth of those praises belonging to thee, both in word and deed, that by me thy great Name may be magnified and glorified in the World.

The

The Second Petition.

Thy Kingdom come.

Make it so powerful in all places, that it may utterly throw down the Kingdom of Satan and Anti-Christ; converting and speedily gathering all thine Elect unto thee, that so thou may'st hasten thy Kingdom of Glory.

The Third Petition.

Thy will be done in Earth, as it is in Heaven.

Let it be our chief delight to stand ever in thy presence, to enquire after thy divine Will and Pleasure, both by reading and hearing thy Heavenly Word Preached, and by Prayer; quicken me to o-

bey

bey. thy Commandments, that I may walk in thy ways, with the same readiness here on Earth, as thy Holy Angels perform their duty in Heaven.

The Fourth Petition.

Give us this day our daily Bread.

Humble us in the sense of our vileness, that we are so far off from deserving Eternal Life, that we are not worthy of the least crumb of Bread which thou hast taught us to beg daily.

The Fifth Petition.

Forgive us our Trespasses, as we forgive them that Trespass against us.

Make

Make us so to hate and abhor our Sins, that being once purged in the Laver of thy Son's most precious Blood; we may be ever afraid of defiling our selves again, by sinning against thy rich mercy, and goodness which leads poor Sinners to Repentance. Change (good Lord) the wickedness of our Sinful Hearts which are naturally and usually, most strongly bent to Malice and Revenge.

The Sixth Petition.

Lead us not into Temptation, but deliver us from evil.

Let us never forget how the subtil Tempter in all his temptations useth all his cunning

cunning to hide the danger, the uglineſs, of Sin, and the miſery that he knoweth it will bring upon us; ſhewing to us only the fair ſide of it, as the Safety, Credit, Pleaſure, or Gain, which it brings along with it.

The Doxology.

For thine is the Kingdom, Power and Glory, for ever and ever, Amen.

We do here humbly acknowledge, that whatſoever good things we enjoy, we have received them all from thy rich and Fatherly bounty: and are certainly aſſur'd, that as thou haſt commanded us to pray thus, ſo thou wilt

grant us all these things which we have begged in thy Son's Name, and whatsoever else is good for us, even above all that we are able to ask or think; so far as it shall be for thine own Glory, and benefit of our own Souls. Even so, *Amen*, *Amen*. Come Lord Jesus come quickly.

A Preparation to the Sacrament.

A Prayer.

I.

O Lord, give me an humble Heart, that I may put no truſt at all in my ſelf, or in any thing that is in me, or that can be, or hath been performed by me: but caſt me down into an holy deſpair of my ſelf, and of all Righteouſneſs, Wiſdom, Strength, or Worthineſs, or Comfort in my ſelf; that I may trample my ſelf as filthy ſinful Dung, under

my Feet before thee; and cast my self down at the Feet of thy Mercy; relying only upon thy goodness and thy Christ for my acceptance and Salvation.

II.

Help me O God, in the Examination, and in the Reformation of my Sins; assist me in the Trial, and in the exercise of thy Graces, that knowledge may be saving, and Faith sound, and Repentance true, and Love unfained, grant that my thankfulness and reverence may be sincere and awful, my desire enflamed, and my Soul truly humbled.

III.

Exalt me in the greatneſs of thy Mercy, and feed my Soul with the riches of thy goodneſs, and the delicates of thy Heavenly Joys, that I may return refreſhed with thy Favour, and enlightned and Beautified with thy Truth and Holineſs, like *Moſes* upon the Mount; and Strengthned with the might of thy Strength from the Holy Table of thy Son: through the ſame, thy dear Son, and my alone Saviour Jeſus Chriſt, *Amen.*

A Prayer before receiving the Holy Sacrament.

I.

O God the Father of Heaven, that gaveſt thy dearly beloved Son to be a Ranſom for my Soul; give thy Son now unto me for my ſpiritual nouriſhment; repair the breaches which my manifold Sins have made in the Bleſſed Union, between my Saviour and me, by this holy pledge of my Heavenly Communion with him.

II.

O God the Son Redeemer of the World, who art the way, the truth, and life eternal; thou hast invited me to thy Holy Table, and behold O Lord, here I prostrate my self before thee; though most unworthy to receive thee; but the greater will be the Glory of thy Mercy in giving thy self unto me. I am weary and heavy laden, with the guilt of Sin. O prepare my Soul for thee, and have pitty upon mine infirmities. Come into my disordered Soul, and Govern it; set up thy Throne in my Heart, and subdue

all my thoughts, affections, and imaginations unto thee, and rectifie the design of my Soul, that I may aim at the Glory of thee my Saviour in all things and to be happy in thee alone.

III.

O God the Holy Ghost, the lessed Spirit and eternal God; come and seal unto me by thy inward testimony, and the impression of thy Heavenly Graces my happy interest in Christ Crucified, with all the benefits of his Death and Passion, and of his Glorious Redemption to the Salvation of my Soul, that I being joyned to the

Lord

Lord may be one Spirit with him.

IV.

O Holy, Bleſſed, and Glorious Trinity, three Perſons and one God have Mercy upon me, a miſerable Sinner; preſerve me from all thoſe reſpective Sins commited againſt thy ſeveral Notions and Perſonalities; be preſent with me, and drown all my ſin in that Mercy of thine that hath no meaſure, bath my Sins in thine all-healing Blood, and infuſe true grace into my Heart, that I may become a fit Gueſt at thy Holy Table; to whom be all Honour, Praiſe and A-

doration, now and for ever, *Amen.*

Meditations before the Sacrament.

Psalm. 23.

THE Lord is my Shepherd: therefore can I lack nothing.

He shall feed me in a green Pasture: and lead me forth besides the Water of Comfort.

He shall convert my Soul: and bring me forth in the paths of Righteousness for his names sake.

Yea though I walk through the valley of the Shadow of Death, I will fear no evil: for

for thou art with me, thy rod and thy Staff Comfort me.

Thou ſhalt prepare a Table before me, againſt them that trouble me; thou haſt anointed my Head with Oyl, and my Cup ſhall be full.

But thy loving kindneſs and mercy ſhall follow me all the days of my Life: and I will dwell in the Houſe of the Lord for ever.

II.

Lift up your Heads, O ye Gates, and be ye lift up ye everlaſting Doors; and the King of Glory ſhall come in.

Who is the King of Glory? even the Lord, the Lord ſtrong and mighty, even the Lord mighty in Battle.

Lift

Lift up your Heads, O ye Gates, and be ye lift up, ye everlasting Doors; and the King of Glory shall come in.

Who is the King of Glory even the Lord of Hosts, he is the King of Glory.

Medita-

Meditations at the Lord's Table.

O Lord I am not worthy, by reaſon of my Sins to approach before thee: or that thou ſhouldeſt come under my Roof.

But with thee, O Father, there is mercy, and with thee O Bleſſed Jeſus there is plenteous redemption.

Before receiving.

O Lord, thou haſt promiſed that he that eateth thy Fleſh, and drinketh thy Blood, hath eternal life.

Ejaculations at the receiving of the Bread.

By thy Body which was Crucified upon the Croſs for my ſins deliver me O Lord from this Body of Death.

After the Bread.

O Lord as I have now received this Bread broken, whereby my Body receives nouriſhment; ſo I believe alſo that I have received ſpiritually thy Body Crucified, with all Benefits thereof, the full pardon of all my Sins; and the Strengthening and refreſh

freshing of my Sinful Soul: this I believe, Lord help my unbelief for thy mercy sake, *Amen.*

At the receiving of the Cup.

O Let this precious Blood of thine purge my Conscience from Dead works to serve thee, the Living God, and Jesus Christ whom thou hast sent.

After the Cup.

O Lord, I believe thy most precious Blood was shed for the Remission of my Sins; and I do also believe that with this Wine

I have received thy precious Blood, whereby my Sins are fully wash'd away: and my Soul purified.

Ejaculations after receiving.

Worthy is the Lamb that was slain to receive Power, and Riches, and Wisdom, and Strength, and Honour, and Glory, and Blessing.

I have sworn and am stedfastly purposed to keep thy righteous Judgments.

O hold thou up my goings in thy paths, that my Foot-steps slip not.

A Prayer of Thanksgiving after the Sacrament.

I.

ALmighty God, I bless thee, I praise thee, and desire to magnifie thy holy Name for evermore; for the holy Death and bitter Passion of thy Son, and that great Redemption thou hast wrought for me in him, which thou hast now sealed to me.

II.

Oh Lord, I offer up my Soul and Body, and all that I have, to Glorifie thee for this mercy; what a load of Sins hast thou ta-

ken off my Soul? And what a heap of Bleſſings haſt thou laid upon my Heart? Oh what a flood of Mercy haſt thou poured out upon me! Wherein thou haſt drowned all my Sins, which would otherwiſe have drowned me for ever in the deluge of thy wrath.

III.

Oh bleſſed Saviour! I bleſs thee, I praiſe thee, I magnifie thy Love; for offering up thy ſelf on the Croſs for my Redemption, for giving thy ſelf now unto me for my Salvation, for uniting me unto thee, by thy holy Spirit, in the uſe of this holy Ordinance; thou

thou art now mine, Oh Bleſſed Jeſus! and I am thine; it is Sealed and done, Bleſſed be thy Name; Oh let it never be undone! be thou mine, and make me thine for ever.

IV.

O bleſſed Spirit! I deſire to bleſs thee, for the Anointing of my Saviour, and uniting me to him; and for our Holy Communion and Fellowſhip, wherein thou haſt bound us up together in a Holy Love and Peace.

Glory be to the Father, and to the Son, and to the Holy Ghoſt.

As it was in the beginning, is now and ever shall be, World without end, Amen.

Brief Instructions after coming home.

I.

WE are to meditate seriously what comfort we have received by being at the Lord's Table, if we find any good motion in our selves, we ought by all means to cherish the same, by the comfortable remembrance of Christ's Death and Passion for us; and so much the more lift up our thankful Hearts unto God for his Mercy.

II.

II.

He which ſhall thus ſerve the Lord, by denying ungodlineſs and worldly Luſts, by Living Honeſtly, Righteouſly, and Soberly in this preſent World; he which ſhall receive the Sacrament in a right manner, and hear the Word of God with diligence, devoting himſelf to God by Prayer in all things, which he doth: he which ſhall thus make Conſcience of his ways in every thing; the bleſſing of God reſt upon him, and that Peace of Conſcience, which no man knoweth but he that enjoys it, ever attend him:

him here, and Everlaſting Peace and Happineſs Crown him hereafter *Amen.*



FINIS.

